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NEWS
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U.S. SALT GUIDELINES COULD KILL FLAVOUR TO SAVE LIVES

FDA'S VOLUNTARY STANDARDS MIGHT MAKE A SIGNIFICANT IMPACT, BUT CRITICS SAY IT ISN'T WORTH ITS SALT [PAGE 7](#)



Goals hard to come by in Day 6 of World Cup

Brazil and Russia draw, Belgium comes from behind [PAGE 17](#)

Info watchdog seeks to punish record erasers

'Deterrent' needed after gas plants scandal: Cavoukian [PAGE 5](#)



FANS SWOOPED UP

2015 FIFA Women's World Cup mascot Shuéme the great white owl swooped into the Museum of Nature Tuesday in front of scores of delighted Ottawa soccer players and fans. The FIFA Women's World Cup takes place from June 6 to July 5 in Ottawa, Moncton, Montreal, Vancouver, Winnipeg and Edmonton. **TREVOR GREENWAY/METRO**

Feds green-light divisive Northern Gateway pipeline

209 conditions imposed.

Project's economic benefits clash with environmental concerns

 **MATT KIELTYKA**
Metro in Vancouver

The federal government has given the green light to Enbridge to go ahead with the Northern Gateway pipeline through northern B.C.

Minister of Natural Resources Greg Rickford announced Tuesday that the government has accepted the National Energy Board's recommendation to allow the project to go ahead, providing the energy company can meet the 209 conditions imposed on the Northern Gateway proposal.

"In December 2013, the

Joint Review Panel found that construction and operation of the Northern Gateway Pipelines project is in the public interest, subject to 209 conditions being met by the proponent.

"After carefully reviewing the report, the Government accepts the independent Panel's recommendation to impose 209 conditions on Northern Gateway Pipelines' proposal," Rickford said in a statement.

"Today constitutes another step in the process. Moving forward, the proponent must demonstrate to the independent regulator, the NEB, how it will meet the 209 conditions. It will also have to apply for regulatory permits and authorizations from federal and provincial governments."

"In addition, consultations with Aboriginal communities are required under many of the 209 conditions that have been established and as part of the

process for regulatory authorizations and permits."

Within minutes of the announcement, opponents of the project vowed that the pipeline will never see the light of day, despite the nod from Ottawa.

"First Nations will immediately go to court to vigorously pursue all lawful means to stop the Enbridge project," said a statement issued by a broad coalition of B.C. aboriginal groups.

The statement was signed by 28 individual bands and the three main aboriginal organizations in the province: the B.C. Assembly of First Nations, the First Nations Summit and the Union of B.C. Indian Chiefs.

Premier Christy Clark set out five conditions for B.C.'s support, and on Tuesday repeated her contention that those conditions have yet to be met.

WITH FILES FROM THE CANADIAN PRESS



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Online investigation

Local man charged with child porn

The Ottawa Police Service Internet Child Exploitation Unit (ICE) today charged a 39-year-old Ottawa man with two counts of Possession of Child Pornography following an online investigation. Robin O'Farrell is scheduled to appear at court for a bail hearing on June 18. **METRO**

48 Hour Film Project

Ottawa filmmakers aim for Cannes

Ottawa's budding indie movie makers will have a chance to see the curtain rise on their work at the Cannes Film Festival. The catch? They must produce a movie in just 48 hours. And then they have to win a competition between 120 cities around the world. The Ottawa competition will be July 4-6 and films will premiere on July 19 at the Mayfair Theatre.

LUCY SCHOLEY/METRO

Gatineau River

Help needed to ID body

MRC des Collines-de-l'Outaouais needs the public's help in order to identify the body of a man found dead in the Gatineau River in Chelsea on June 4. He is described as a white male, 5 feet 10 inches with greying hair and wearing a black coat with the inscription "Taekwondo Gatineau," a pair of blue jeans and Converse sneakers.

Investigators also found a red 16-foot canoe near the body. **DENIS ARMSTRONG/METRO**

Ottawa controller prevents helicopter crash

A quick-thinking air traffic controller saved an ORNGE air ambulance helicopter from taxiing into the path of a landing Federal Express cargo jet at Ottawa airport.

The Transportation Safety Board of Canada has launched a formal investigation after the helicopter ignored a controller's instruction and taxied into the protected area of a runway at Ottawa airport as the jet was preparing to land.

It was only a second instruction from the air traffic controller that stopped the ORNGE helicopter, callsign "Lifeflight 4," in time, according to a preliminary report into the June 5 incident.

The incident is known as a runway incursion, a growing problem at Canadian airports and one that is on the safety board's watchlist of serious transportation risks.

A Torstar News Service an-

alysis last year of Transport Canada data revealed that on average, there are almost 400 runway incursions by aircraft, vehicles and pedestrians each year at Canadian airports. A search of a Transport Canada database that logs aviation incidents shows there have been 175 runway incursions so far this year.

The Ottawa incident unfolded when the AW139 helicopter, preparing to depart to

Pembroke, Ont., was told by air traffic control to stop its taxi before crossing Runway 25. However, the helicopter continued past the stop line and entered the runway's protected area as the Federal Express Airbus A300 twin-engine jet was landing. A spokesperson for ORNGE said the helicopter's pilots reported the incident to the agency's own safety team and said an investigation is underway. **TORSTAR NEWS SERVICE**

PETA to target meat lovers at Ottawa Ribfest

Sparks Street BIA. Chief 'disappointed' event is being protested

Animal rights activists are targeting a popular barbecue festival to get their message across that the animals that get diced up into pulled pork sandwiches and ribs have feelings too.

Three near-naked People for the Ethical Treatment of Animals (PETA) members will show off their loins, shanks and soup bones at Ottawa Ribfest Wednesday, targeting consumers stuffing their faces with barbecue baby back ribs and pulled pork sandwiches. (Full disclosure: I also enjoy eating ribs and will be judging a rib-barbecuing contest at the festival.)

The protest is an effort to "help people make the connec-

tion that the animals on their plate were once individuals who had thoughts, feelings, personalities and a will to live," PETA campaigner Matt Bruce said.

He said the animal rights group is targeting the public as opposed to factory farms because most meat-eaters don't know how some animals on some farms are treated before being slaughtered for restaurants. The protest will feature women in nothing but temporary tattoo markings that mimic a butcher's diagram of body parts. The focus will be pigs.

Executive director of the Sparks Street BIA and Management Authority Les Gagne said Ottawa Ribfest is about much more than a bunch of pork lovers munching down on mass amounts of meat, but has since grown into an annual community outing for the past 17 years.

"This is probably one of if not the biggest rib fest in the country right now and it's a bit of a target. But it goes to show you how many people barbecue — we do it at home, we do it at restaurants. It goes on



PETA protesters are planning a demonstration at Ottawa Ribfest Wednesday.

CONTRIBUTED

everywhere," Gagne said.

"I am a little disappointed that they are using what is supposed to be a fun way to celebrate summer and good, warm

weather and the social of so

many people getting together to enjoy their love for ribs and pulled pork."

TREVOR GREENWAY/METRO



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NEWS

Beyond Chinatown Remixed

As festival draws to a close. Some business people want more events to draw traffic to the community

AMY
YEE
ottawa@metronews.ca

Chinatown isn't just a hot spot for a quick bite anymore, and some shop owners think the community needs to do more to showcase the district's new-found artsy vibe.

June 17 marked the end of the annual Chinatown Remixed Art Festival held along the length of Somerset Street West since May 17.

The festival featured local artists' works in 38 different venues, ranging from grocery stores to restaurants.

Nadia Kharyati, owner of Raw Sugar Cafe, said the festival brought together the community while attracting people to new places.

"You discover businesses that you wouldn't normally discover," she said.

Carla Ayukawa was the artist paired up with the cafe and organized a participatory art display, inviting the public to post photos taken in Chinatown on Instagram labelled with the hashtag #WeLoveOttCtown. From a pool of about 400 submissions, Ayukawa selected around 60 photos for display.

The goal of the project, said Ayukawa, was for people to see the neighbourhood in a different light.

"They might see Chinatown as more than just restaurants and food," she said, adding, "The community is much more than just dim sum."

But Kenny Giang, whose store, Oriental Charm, has participated in Chinatown Remixed since the festival started, still thinks the community needs more activity.

"If there's no event, Somerset Street is so dead, so quiet. That's why we need



Marissa Godwin shows off a mural she's working on for Chinatown Blossoms, a new initiative to beautify the neighborhood. AMY YEE/FOR METRO

more ... something — any event that makes for people coming in."

Marissa Godwin, former student at the Ottawa School of Art, is participating in

another project to help rebrand the neighbourhood.

Godwin is volunteering with the second year of Chinatown Blossoms, a partnership project be-

tween the Chinatown Business Improvement Association (BIA) and OSA to paint murals in the area.

The project, says Godwin, is helping to make China-

town more of an arts hub.

A closing party for Chinatown Remixed with food, prizes and karaoke will kick off on June 22 at 4 p.m. at Shanghai Restaurant.

Parkdale Food Centre becomes teaching resource



Parkdale Food Centre co-ordinator Karen Secord poses for a photo with Kitchissippi Ward Coun. Katherine Hobbs. DENIS ARMSTRONG/FOR METRO

A gift of \$35,000 from Brigid Homes and political willpower from Kitchissippi Ward Coun. Katherine Hobbs means the Parkdale Food Centre can finally move from a small pantry on Stonehurst Avenue into a gleaming new teaching food preparation centre at the Somerset West Community Health Centre in December.

Hobbs was joined by Parkdale Food Centre chair Don Flynn and executive director Karen Secord, Somerset West Community Health Centre's Rosemary Jones and Brigid

Homes' president Gilles Desjardins to make the big cheque presentation.

More than a change of address after 28 years in the same location, the move signals a complete rethink about the future of Parkdale Food centre. Instead of just dispensing canned foods and starches galore, the new kitchen centre will bring in top Ottawa chefs and nutritionists to teach clients how to create simple yet nutritious and delicious meals in a crockpot using lots of vegetables, beans and proteins,

much of it organically grown, sourced from the community.

"It's a thrilling day to help make the Parkdale Food Centre's new home a reality," Hobbs said. "The funding will allow the centre to continue to push the boundaries of the traditional food bank into a community resource, an education centre, and a welcoming space for neighbours in need."

The \$35,000 amount was set by a bylaw, passed in accordance with Section 37 of Ontario's Planning Act, that claws back a percentage of building

fees to fund capital projects such as affordable housing and community services.

Down the road, Secord hopes to add a community garden where volunteers can grow herbs and vegetables for the new centre that serves 780 people a month.

"Food is not just food, it's about good health," said Secord. "This represents a change of attitude so that clients won't feel so stigmatized coming to a social hub where we can share resources."

DENIS ARMSTRONG/FOR METRO

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Ont. privacy watchdog says real penalties needed for officials who delete documents



Ontario Privacy Commissioner Ann Cavoukian is shown at a news conference in Toronto in 2008. Cavoukian says top staff in former premier Dalton McGuinty's office broke the law by deleting all emails related to the cancellation of gas plants in Oakville and Mississauga. COLIN PERKEL/THE CANADIAN PRESS

'Duty to document'

Ann Cavoukian calls for stricter measures to keep cases like Ontario's gas plant scandal from happening again

There's little to stop a government from trying to cover up an unpopular decision by destroying documents in the same way emails were deleted on the Liberals' decision to cancel two gas plants, Ontario's privacy watchdog warned Tuesday.

The problem, said Privacy Commissioner Ann Cavoukian, is there are no real penalties for bureaucrats or elected officials who deliberately destroy government records in violation of the Privacy Act.

"I strongly believe that (the government should be) providing strong enforcement

powers and penalties for non-compliance with the privacy provisions of the act," Cavoukian said as she released her annual report.

"In the absence of any penalty or consequence, there's no deterrent."

Cavoukian called for new penalties to prevent another case like the gas plant scandal, which now has the Ontario Provincial Police investigating the wiping of computer hard drives in the premier's office as part of an alleged coverup.

"You have to say, 'We went through this and never again will we tolerate this kind of activity on the part of bureaucrats or the government,'" she said.

"I just think we have to drive that home so government doesn't think they can do whatever they want quietly behind closed doors."

The government should determine the appropriate penalty for anyone who destroys

Quoted

"I want the duty to document to become a new mantra in a way for the government."

Ontario Privacy Commissioner Ann Cavoukian

records, and educate staff "from top right through to the bottom" about what Cavoukian called their "duty to document" the activities of government.

"We have to ensure that this is implemented throughout the entire government, that you have a duty, an obligation to document and record what takes place," she said.

Court documents released last Friday showed former premier Dalton McGuinty told police investigating the gas plants that communications in his office were "overwhelmingly verbal in nature" and he kept few records of issues discussed.

McGuinty also told police he hadn't been familiar with the

rules on the retention of documents, and said if any were destroyed, it was the responsibility of his chief of staff, not him.

Cavoukian said that's the attitude she discovered when she investigated complaints that the Liberals deleted emails about their decisions to cancel gas plants in Oakville and Mississauga, which the auditor general warned could cost taxpayers \$1.1 billion.

"It was bad enough that the taxpayer dollars had been misused," Cavoukian said, "but then to attempt to remove any indicators that would tie to that and destroy any possibility of a record just flies in the face of freedom of information."

THE CANADIAN PRESS

Toronto waits to see if Ford returns a changed man



Toronto Mayor Rob Ford launches his re-election campaign at the Toronto Congress Centre in Toronto on April 17. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Only time will tell whether Rob Ford's stint in rehab has changed him, some of the Toronto mayor's colleagues said Tuesday, just weeks before his scheduled return to city hall.

Ford plans to come back on June 30, according to a letter he sent to the city clerk's office.

The letter says he will return to resume his duties "in the later portion of the afternoon" and asks that his office locks be changed back by 1 p.m.

"I'm hoping that he really seriously applied himself at rehab and he will come back

a very changed person," Coun. Paula Fletcher said.

She said city hall has been "calm and scandal-free" in the mayor's absence, a sentiment echoed by other councillors.

"Ever since his departure ... things have been very calm, there's a lot of business being conducted, there's a level of civility I believe has re-entered city hall," Coun. Kristyn Wong-Tam said. "It clearly demonstrates to me that when he's here, he's a distraction."

Coun. Janet Davis said it's impossible to know what to expect from Ford.

"I don't want to predict how Rob Ford will behave. I don't think anybody's ever been able to do that," she said.

Ford has been in rehab since announcing on April 30 he was seeking help for an alcohol problem, just as new allegations of substance abuse surfaced in several reports.

Ford has been faced with allegations of drug use since May 2013, when reports surfaced of a video that appeared to show him smoking crack cocaine.

Months later, Ford admitted to trying the drug while in one of his "drunken stupors" and to

using drugs while in office. Subsequently, council stripped him of most of his mayoral duties.

Though the mayor then publicly swore off alcohol, he was later forced to admit to drinking after another video surfaced in which he was seen using Jamaican swear words and slapping the city's chief of police.

The letter announcing Ford's return is dated June 2, but the clerk did not receive the letter until Monday, City of Toronto spokeswoman Jackie DeSouza said in an email.

680NEWS/THE CANADIAN PRESS

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Suspended senator

Alleged victims want to drop complaints: Brazeau's lawyer

The lawyer for suspended Sen. Patrick Brazeau says the alleged victims in an assault and threats case against his client want to withdraw their complaints.

Defence lawyer Gerard Larocque told the court on Tuesday that one of the two people has actually written the Crown about dropping the complaint filed in April.

THE ASSOCIATED PRESS

Crushed to death

Cluttered floor collapses on alleged hoarder

A Connecticut woman described by police as an apparent hoarder was crushed to death when a floor piled with clutter collapsed into the 66-year-old's basement, medical officials said Tuesday.

THE ASSOCIATED PRESS

Marine life. Obama plans to ban drilling, fishing in vast swath of the Pacific

Moving to protect fragile marine life, President Barack Obama announced plans Tuesday to create the largest ocean preserve in the world by banning drilling, fishing and other activities in a massive stretch of the Pacific Ocean.

Using presidential authority that doesn't require new action from Congress, Obama

proposed to expand the Pacific Remote Islands Marine National Monument, which President George W. Bush designated to protect unique species and rare geological formations. The waters are all considered U.S. territory because they surround an array of mostly uninhabited islands that the U.S. controls.

THE ASSOCIATED PRESS



U.S. President Barack Obama waves at the Pennsylvania Air National Guard base on Tuesday, in Coraopolis, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Dual twisters slam town in Nebraska

One five-year-old killed. Rare twin tornadoes send another 19 to hospital

A storm packing rare dual tornadoes tore through a tiny farming town in northeast Nebraska, killing a 5-year-old child, leaving grain bins crumpled like discarded soda cans and flattening dozens of homes.

Stanton County Sheriff Mike Unger estimated that 50 to 75 per cent of Pilger, Neb., was heavily damaged or destroyed in the storm. The local school is likely beyond repair, he said.

"It's total devastation," Unger said.

The storm was part of a larger system that started to track across the U.S. midsection Monday afternoon. More stormy weather was forecast Tuesday in an area stretching from eastern Montana to New York. The Storm Prediction Center in Norman, Oklahoma, said powerful winds, large hail and a few tornadoes are possible, particularly in Iowa, Wisconsin and northern Illinois.

The Stanton County Sheriff's Office said a 5-year-old child was killed but did not identify the child further or provide details of the circumstances of the death. At least 19 people were taken to hospitals for treatment.

THE ASSOCIATED PRESS

Quoted

"More than half of the town is gone — absolutely gone.... It's a complete mess."

Stanton County Commissioner Jerry Weatherholt



A man holds a girl after she was pulled from the basement of her destroyed home in Pilger, Neb., Monday. MARK 'STORM' FARNIK/THE ASSOCIATED PRESS



This framegrab taken from a video shows two tornados approaching Pilger, Neb., on Monday. STORMCHASINGVIDEO.COM/THE ASSOCIATED PRESS

by Environment Canada as a "probable" tornado.

OPP Sgt. Peter Leon said police received numerous reports of funnel clouds in the area, southwest of Barrie, and an officer on scene said there had been extensive damage to a number of homes between Barrie and Angus.

"At this point I have not been made aware of any injuries," said Leon.

"We are making sure that any of the homes that were impacted have been thoroughly searched and nobody's trapped or stuck inside those homes."

TORSTAR NEWS SERVICE

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Sodium reduction plan: Take with a grain of salt

Worth its salt? Some in the U.S. are questioning the effectiveness of the FDA's forthcoming voluntary guidelines to reducing salt in food

Food companies and restaurants in America could soon face government pressure to make their foods less salty — a long-awaited federal effort in the U.S. to try to prevent thousands of deaths each year from heart disease and stroke.

The Food and Drug Administration is preparing voluntary guidelines asking the food industry to lower sodium levels, FDA commissioner Margaret Hamburg told The Associated Press. Hamburg said in a recent interview that the sodium is "of huge interest and concern" to the agency.

"We believe we can make



The majority of sodium Americans consume comes from processed foods and meals, like burgers. GETTY IMAGES

a big impact working with the industry to bring sodium levels down, because the current level of consumption really is higher than it should be for health," Hamburg said.

It's still unclear when the FDA will release the guidelines, despite its 2013 goal to have them completed this year.

Hamburg said she hoped the agency would be able to publicly discuss the issue "relatively soon." On Tuesday, FDA spokeswoman Erica Jefferson said there is no set timeline for their release.

Health groups would prefer mandatory standards, but say voluntary guidelines are a good first step.

Still, Michael Jacobson of the Center for Science in the Public Interest says he is concerned companies may hesitate, worried that their competitors won't lower sodium in their products.

If that happens, "then FDA should start a process of mandatory limits," Jacobson says.

THE ASSOCIATED PRESS

Hold the salt

Most sodium not from table salt shaker

Americans eat about one and a half teaspoons of salt daily, about a third more than the government recommends, and enough to increase the risk of high blood pressure, strokes and other problems.

Most of that sodium isn't from the salt shaker, but is hidden inside common processed foods and restaurant meals.



RICE, PASTA AND GRAIN DISHES: SEVEN PER CENT



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PIZZA: SIX PER CENT



DAIRY: FIVE PER CENT



CONDIMENTS, GRAVIES, SPREADS AND SALAD DRESSINGS: FOUR PER CENT

Here are some of the saltiest foods, based on 2010 data from the Agriculture Department:



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CONDIMENTS, GRAVIES, SPREADS AND SALAD DRESSINGS: FOUR PER CENT

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America

Retailers to do the math for you

New York's attorney general said Tuesday Costco, CVS, FreshDirect, Walmart and Walgreen have agreed to list unit prices on their websites and mobile apps for shoppers across the U.S.

A unit price tells consumers how much a product costs by each unit of weight. For example, a 16-ounce bottle of shampoo costing \$5.99 US would have a unit price of 37 cents per ounce.

THE ASSOCIATED PRESS

Germany

Report: Phones preloaded with spy software

A cheap brand of Chinese-made smartphones carried by major online retailers comes preinstalled with espionage software, a German security firm says.

G Data Software said it found malicious code hidden deep in the propriety software of the Star N9500 when it ordered the handset from a website late last month.

THE ASSOCIATED PRESS

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THE MYSTERY OF (NOT-SO) YOUNG ADULT LIT

Guilty — that's me — of reading Young Adult novels instead of the latest literary fiction by the latest literary lion or lioness.

I devoured Harry Potter, The Golden Compass, even Hunger Games (although I admit it got a little tedious by Volume 3), while nibbling demurely at some prize-winning tome in which generations of people where it snows a lot have been artistically victimizing each for ... generations.

Don't get me wrong. As a card-carrying English graduate, I fervently support the production of literature. I'm just having a tough time getting through it. And I'm not alone.

The Harry Potter series has sold 450 million copies to date, never mind the movies. Most literary novels are borrowed from libraries and returned, often unread.

This last weekend, The Fault in Our Stars, a movie based on a book about two teenagers in love while both are dying of cancer, outgrossed everything else Hollywood threw at us, including



JUST SAYIN'

Paul Sullivan

metronews.ca

Edge of Tomorrow, the latest Tom Cruise misadventure in advanced ordnance (\$66 million US versus \$40.5 million). Kids, do you know where your parents are?

In a Publisher's Weekly study cited in a CBC story, 55 per cent of Young Adult books are bought by adults, 78 per cent for their own enjoyment. (Of course, the other 22 per cent could be lying. "I'm just buying this for my daughter!"

Is this predilection for Young Adult fiction evidence of a mass dumbing down or an epidemic of ADD? Well, probably. But I think there's more going on. Yes, Young Adult novels are easier to read. Yes, they usually end in a happy, or at least a satisfactory, ending.

Is that so wrong? It may have something to do with "plot." Say what you will about Harry Potter and his Hogwarts homies, the entire series is driven by an intertwining network of fiendishly entertaining plotlines that keep everyone on tenterhooks until

the end of volume eight. Author J.K. Rowling tried her hand at literary fiction with The Casual Vacancy, but Potter fans held their breath and tapped their feet until she came up with The Cuckoo's Calling, a detective thriller she tried to write under a pseudonym. Of course, she was almost instantly uncloaked. "Cuckoo" displays all the page-turning virtues of the Potter series, but it's allegedly written for grown-ups.

Speaking of plot, A Song of Ice and Fire, the series of books upon which Game of Thrones, the most popular HBO cable series ever, is based, so far features five exquisitely plotted volumes. It also features more sex, incest, gore, betrayal and terror than a Quentin Tarantino grindhouse tribute, so it's definitely not for kids, although with today's kids, you never know.

So you can put this shameful fascination with Young Adult and genre fiction down to a worldwide failure to launch — or maybe a driving plot is the missing ingredient in more-heralded fare. I wish we could ask Charles Dickens, the master of great literature featuring great plots.

But he died, alas, without finishing The Mystery of Edwin Drood.

ZOOM

Sikh chic



In their Kickstarter-funded series The Singh Project, London-based photographers Amit and Naroop profile British Sikh men and show how they embrace both the turban and the times they live in. COURTESY AMIT AND NAROO

Q&A

'Discipline and spirituality'



AMIT AND NAROO
London-based
photographers

What was the inspiration behind your project?

The idea actually came from how beards are now trendy in fashion and mainstream culture. We felt it was pretty

interesting to look at it from Sikhism, where the beard — a symbol of discipline and spirituality — has been an integral part of a man's identity for hundreds of years.

Having a beard has gone mainstream. Any hope for the turban? It would be amazing if it did. Young Sikh men are starting to tie their turbans with elaborate cloth, so it's an extension of their style. But I doubt right now that this will catch on with non-Sikhs.

Have British Sikh men always been expressive with their

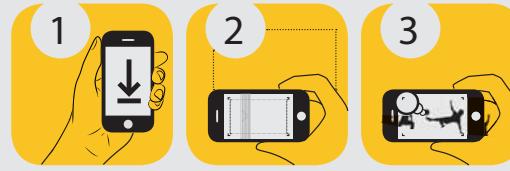
dress sense? The Sikh men we profiled are doctors, watchmakers, designers and architects, and they all take great pride in wearing a turban and beard. But some of the older Sikh men we interviewed described how they had to cut their hair when they first came to England just to be accepted so they could get a job.

At the other end, lots of the younger men have embraced the tenets of Sikhism, grown their hair, and left behind their previous false pleasures like drinking, smoking or getting themselves into trouble.

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MetroTube

OK Go strikes again



ANDREW FIFIELD

andrew.fifield@metronews.ca

Music-video production house and occasional rock band OK Go has unleashed another single-take (after at least 50 attempts) parlour trick ahead of its Hungry Ghosts album's October release.

Fully embracing its shtick, the gang has graduated from Rube Goldberg devices and treadmill choreography to a funhouse of mirrors, pulleys and other optical illusion trickery. It's pretty cool stuff, and, hey, the song isn't so bad either. (OK Go/YouTube)



SCREENGRAB

Scan this photo with your Metro News app to catch an interview with the Jersey Boys!

Some films hit all the right notes

Rock 'n' roll reels. Jersey Boys is just the latest film inspired by music's best and brightest



IN FOCUS
Richard Crouse
scene@metronews.ca

Rock 'n' roll and the movies have always had an uneasy relationship. For every film that hits all the right notes, like Quadrophenia or A Hard Day's Night, there's a host of tone-deaf films like Light of Day, featuring Michael J. Fox and Joan Jett as musical siblings, or Sgt. Pepper's Lonely Hearts Club Band, a glam-rock-and-disco re-imagining of the Beatles classic.

Rock 'n' roll biographies are equally hit-and-miss. In The Buddy Holly Story, the toothy Gary Busey earned an Academy Award nomination for his portrayal of the rock legend, but Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."

This weekend, Jersey Boys — directed by Clint Eastwood, and based on the Tony Award-winning musical — tells the story of '60s hitmakers The Four Seasons. Songs like Big Girls Don't Cry, Walk Like A Man and Can't Take My Eyes Off You made them one of the

Hits and misses

In The Buddy Holly Story, the toothy Gary Busey earned an Academy Award nomination for his portrayal of the rock legend, but Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."



Jersey Boys hits theatres June 20. CONTRIBUTED

John Lloyd Young

Riding in cars with Jersey Boys

John Lloyd Young, who won a Tony for his performance of Frankie Valli on Broadway, plays the singer in the big-screen adaptation of Jersey Boys.

Teamed with Tommy DeVito (Vincent Piazza) and Nick Massi (Michael Lomenda), Valli rose from the streets to the studio — and with the addition of songwriter and keyboardist Bob Gaudio (Erich Bergen), from clubs to concert halls as the Four Seasons, one of the top-selling acts in rock history. Hits like Big Girls Don't Cry and Walk Like A Man kept them at the top of the charts but ego, infighting and money troubles blew them apart.

Young, Lomenda and Piazza bonded on the third day of the shoot. "We were shooting a scene where we were in the middle of the desert and our car breaks down," Young says. "We end up having to hitch a ride with a farmer and the back of the truck is filled with pigs. The three of us guys were actually in the back of this truck with a bunch of pigs, doing take after take, and every time the truck started it was like a lesson in pig excretory systems."

"It was a sequence that's been cut from the movie," he says. "But it proved to be a real bonding



experience for us."

Young, Lomenda and Bergen are veterans of the stage show, which helped when making the movie.

"Knowledge of that audience reaction is in our head and in every single thing we do as these characters on stage. You cannot forget that when you're doing the same character onscreen. You

know how the audience responds, and even though it is just crew guys, (director) Clint (Eastwood) and your fellow actors, you have those instincts in there. The audience is there with you."

biggest-selling rock acts of all time.

Lesser known than the Four Seasons but louder, faster and dirtier were The Runaways, the subject of a rambunctious 2010 movie.

Set back when you could still drink a bottle of stolen booze in the shade of the Hollywood sign without being arrested for trespassing, The Runaways focuses on two glue-sniffing, glam-rock-obsessed tough girls named Joan Jett (Kristen Stewart) and Cherie Currie (Dakota Fanning) who formed the underage all-girl band. The music of The Runaways was described as the "sound of hormones raging," and this film captures that, transcending the formulaic aspects of the story by catching the gritty spirit of in-your-face teenage rebellion.

I'm Not There is a hard movie to describe. It's a metaphoric retelling of Bob Dylan's life, but none of the characters in it are called Bob Dylan. Most of them don't look like Dylan, and the one who most looks like Dylan is a woman. Unlike Walk the Line or Ray, which were both standard-issue Hollywood biopics, there is nothing linear here, but then there is nothing straightforward about the man, so there should be nothing straightforward about the movie.

Sex & Drugs & Rock & Roll is the title of eccentric English singer Ian Dury's biggest hit and the 2010 biopic about his eventful life. Starring Andy Serkis, the film is as high voltage as one of Dury's legendary live performances.

Finally, the film Control details the short life of Joy Division singer Ian Curtis (Sam Riley). After seeing the film at Cannes, Curtis's bass player Peter Hook said he knew the movie "would be very well received because, even though it's two hours long, only two people went to the toilet the whole time. In fact, one of them was (Joy Division founding member) Bernard (Sumner). The other one was a 70-year-old woman."

2
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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jason Segel's junk made his mom cry

MELINDA TAUB
Metro World News

Jason Segel's nude scene in *Forgetting Sarah Marshall* was big news even before the movie came out. Film buffs knew that by purchasing a ticket to the movie, they were also getting a ticket to Segel parading his junk around.

However, one viewer was caught entirely by surprise: Segel's mom.

Jason Segel wrote *Forgetting Sarah Marshall* in addition to starring in it, so Mrs. Segel had no one to blame



but her own son. That did little to take the edge off the traumatic experience. Segel tells *Vanity Fair* that the famous nude scene made his mom cry.

After she'd recovered from the initial shock, Mrs. Segel decided to make sure others did not go into the experience as unprepared as she had. She sent out a mass email to friends and family

that read, "I would like to inform you all that Jason has chosen to do full-frontal nudity; however, it is not gratuitous and is essential to the plot."

Which is pretty generous, really. I am quite certain that if I made my mom watch a movie that featured my junk, she would be too upset to track whether it was essential to the plot or not.

Not so fast, Facebook. Nearly one million readers were taken in recently by a bogus story about Ryan Gosling trying to adopt a baby.

An unverified account posted a photo of Gosling laughing with a baby along with a lengthy explanation purportedly written by the Drive star recounting how he'd tried to get custody of an infant because the mother had wanted him to after she died of cancer.

"One year later after the adoption, his biological father wanted him. Of course, I put up a fight, but he won,"

the post stated. "We have to stop and be thankful for our children and children should stop and be thankful for their parents. What I truly learned most of all is, every child needs love. Save thousands of children and meet me while doing it."

The post included a link to buy limited edition T-shirts and a chance to win a date with Gosling, all in exchange for donations to the Orphanage Home Foundation, which doesn't actually exist. Before it was deleted, the post earned 936,000 likes and was shared more than 51,000 times.

Ryan Gosling isn't looking to adopt, as cute as that sounds

Ryan Gosling

ALL PHOTOS GETTY IMAGES

Forget about Dre? Not after that tip!



Dr. Dre

Dr. Dre certainly knows how to treat the wait staff. The rapper, producer and Beats honcho recently paid a visit to Skybar at the Mondrian Hotel in West Hollywood to enjoy some tequila shots, take photos with fans and compare notes with the DJ. And when he decided to leave, Dre reportedly left his waitress a \$5,000 tip, according to Radar Online. "She was stunned," a source tells the website.

Becoming a mom isn't high on Eva's to-do list

Lots of actresses are happily becoming moms, but don't expect Eva Longoria to join their ranks anytime soon. "It's just not in my future. It is not on the horizon right now, so it's not something I think about," she tells

People magazine, though she's quick to point out she's not anti-children. "With kids, I love their energy and spirit and innocence," she says. Just, you know, from a comfortable distance.



Eva Longoria

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Scan the photo below with your Metro News app for more images of the art galleries in Pittsburgh.

The artsy side of Pittsburgh

Carnegie to Warhol.

Pittsburgh may register as a gritty steel-town in your consciousness, but it's also home to some pretty great art



ANDREW JOHN
VIRTUE DOBSON
dobbernationloves.com
@dobbernation

While Pittsburgh is best known for its steel-town roots, today the blue-collar city taps into its innovative past by providing inspiration to art lovers.

I start my art crawl a short hop, skip and jump from my plush bed at the Fairmont Pittsburgh. The property invites guests to take a walk back in time to explore over 26,000 artifacts recovered from the 2007 excavation of Three PNC Plaza. Objects on display in the hotel's public spaces date from 1840 to 1872, offering visitors a glimpse into what life would have been like here in the mid-1800s. Marvel over antique glass bottles, gilded decorative accessories from France, botanical prints and tiles and cute Kestner dolls.

The Carnegie Museum of Art was made possible by the generous support of Andrew Carnegie, the industrialist who invested his steel-town success in the arts. While most art museums founded at the turn of the last century focused on collections of well-known masters, Carnegie envisioned his museum collection would consist of the "Old Masters of tomorrow." In 1896, he initiated a series of exhibitions of contemporary art and proposed that the museum's paintings collection be formed through



The Andy Warhol Museum is home to 900 paintings, 100 sculptures and nearly 2,000 works on paper. PHOTOS: ANDREW DOBSON/METRO

purchases from this series. Carnegie, thereby, founded what is arguably the first museum of modern art in the United States, which at the time featured Winslow Homer, James McNeill Whistler, and Camille Pissarro.

Today's collection is distinguished in American art from the mid-19th century to the present, in French Impressionist and post-Impressionist paintings, and in significant late 20th-century works.

Local celebrity Andy Warhol's groundbreaking work has crowned Pittsburgh as the world headquarters for Pop Art. The city's not-to-be-missed Andy Warhol Museum is the most comprehensive single-artist museum in the world, offering exhibitions year-round and displaying never-before-seen artworks from a collection that includes 900 paintings, 100 sculptures, nearly 2,000 works on paper, more than

1,000 published and unique prints, and 4,000 photographs.

Visitors to the museum indulge in a whimsical chronicle of the oddball artist's life, highlights which include childhood sketches, quirky collection of travel paraphernalia, Polaroid portraits of American icons (Liza Minnelli, Diana Vreeland, Arnold Schwarzenegger, Mick Jagger) and an evolution from wildly successful commercial illus-

trator to pop art superstar.

The Mattress Factory offers the world's most famous installation art experience. Since 1982, the groundbreaking museum has presented new works by more than 600 artists working in residence. The organization is dedicated to providing artists with the space, materials, assistance and freedom to explore new ideas and create works of art that help us see the world in fresh new ways.

3
ART
GALLERIES

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Hitting sticks around historical sites

Golf. The spirit of the American Revolution lives on at Colonial Williamsburg, home to the Golden Horseshoe



Thomas Jefferson — a golfer? Well, that was the tale spun in fun last autumn at Colonial Williamsburg, the renowned living history museum in Virginia that celebrates the patriots of the Revolutionary War and the early days of the United States. A bag full of antique hickory golf clubs slung over his shoulder, Jefferson — or rather, an actor portraying the American founding father — waxed eloquently about Virginia's long ties to the game, which some historians date to the 18th century.

The occasion was the 50th anniversary celebration of Golden Horseshoe Golf Club, one of the newer attractions among the dozens of original or re-created buildings and other exhibits related to colonial life found throughout the 301 acres of Colonial Williamsburg.

Built on the site of an 18th century plantation, Golden Horseshoe's original Gold Course is an acclaimed Robert Trent Jones, Sr. beauty featuring tree-lined fairways, pinched and often sloping landing areas, and long carries to small greens.

Rees Jones, the legendary architect's almost equally famous son, took a similarly traditional approach when he designed the meticulously groomed property's second 18-hole layout, the Green Course, which opened in

1991. Rounding out the line-up is the Spotswood Course, an executive-style nine-hole layout by Trent Jones, Sr. named for colonial governor Alexander Spotswood.

But no matter how beautiful Golden Horseshoe's courses — or deep golf's roots in the red clay of Virginia — the game plays second fiddle to the many other attractions offered at Colonial Williamsburg.

Starting in the 1920s, John D. Rockefeller, Jr. and his wife, Abby Aldrich Rockefeller, spearheaded the Colonial Williamsburg Foundation's purchase and rebuilding of the historic downtown core of the city of Williamsburg, the capital of Colonial Virginia from 1699 to 1780. Together with Jamestown

and Yorktown, Williamsburg is part of Virginia's Historic Triangle.

Preserved in time are the original courthouse and Bruton Parish Church, and reconstructed to their former glory are the Governor's Palace, the Capitol and Raleigh Tavern. Altogether, there are more than 500 buildings in the designated Historic Area, 88 of them original. Alehouses, theatres and the workshops of printers, coopers, cabinetmakers, wigmakers and gunsmiths are staffed re-enactors in period costume.

Though the final break with Britain has yet to come, in the streets of Colonial Williamsburg there is growing discontent and even calls for open

rebellion. An indignant, red-faced militia captain exhorts a crowd to storm the Governor's Palace, and demand the return of weapons taken by the authorities from Williamsburg's arsenal. One of a series of daily street theatre scenes, called The Revolutionary City, the captain's outrage effectively draws visitors into the tension that gripped the colony. "What we see before us," he shouts, "is the erosion of the rights and liberties we have known all our lives."

A little of that revolutionary spirit may even have infected the great Trent Jones, Sr. during the building of Golden Horseshoe's original Gold Course. His groundbreaking par-three

Getting there

The closest commercial airport to Williamsburg is Newport News/Williamsburg International Airport, about 30 minutes away. The city is also about midway between two larger commercial airports, Richmond International and Norfolk International, each about an hour's drive away.

16th hole, featuring one of the game's first island greens, has been admired and copied by golf architects ever since. Colonial Williamsburg can have that effect.



Swing your clubs on the red clay of Virginia. COURTESY HUNTER PUBLIC RELATIONS

How-to

Improve your airport experience

- Very oddly, many people don't check in at home online. You're smarter than that.
- Go easy on your blood pressure by leaving yourself lots of time to get to the airport.
- Use a scale to weigh luggage before you leave home so you avoid repacking at the check-in desk.
- Avoid wearing excessive jewelry or clothing with metal bits, so your security check is a breeze.
- Pack a homemade snack in your carry-on for the airport lounge, and select a seat away from the gate.
- Earplugs are also not a bad idea.

DOUG WALLACE/METRO

Tool

Getmyplusone.com

All dressed up in, say, Berlin and no place to go? Getmyplusone.com works like a sort of tour guide for people visiting Berlin, London, Paris, Amsterdam and Barcelona, connecting you with cool locals who show you the lay of the land. They can spend an hour chatting with you on what to do and where to go (\$30) or three to five hours actually touring their city with you (from \$60). Enjoy off-the-beaten-path excitement, including restaurants and lodging — unique experiences you would never find on your own.

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Slice the bread and cut cooking time

Turkey Bacon Sandwich and Mini Hamburgers. No time to spend in the kitchen? Grab some meat and make it a sandwich night



DINNER EXPRESS
Emily Richards
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FLASH FOOD



From your fridge to your table in 30 minutes or less

Do you only have time for a sandwich? You can use healthy protein options to fill the void while enjoying a quick dinner.

Check out the variety of hummus available in stores and keep several flavours in the fridge to change things up. I like using hummus for sandwich spreads and burger toppers. From spicy to garlicky, there's sure to be a flavour you enjoy.

Here are a couple of sandwiches you can make for yourself or your family.

Turkey Bacon Sandwich

This is a new favourite! It is simple to put together, and even easier to eat. Cook the bacon while your bread is in the toaster, and slice up the tomato. With a splash of balsamic vinegar, the flavour sings out to be made on a regular lunchtime routine.

1. Place bacon on paper towel-lined plate and microwave



This recipe makes one serving but can be easily doubled. EMILY RICHARDS

on high for 20 seconds or until it is hot.

2. Meanwhile, toast bread. Spread hummus on toast, and top with bacon and tomato. Drizzle with vinegar and sprinkle with pepper.

Mini Hamburgers

My kids couldn't stop eating these, and neither could the adults! They're perfect for small hands to enjoy for dinner or tuck into pita halves

with lettuce for dinner on the run. You can serve them open face with lettuce and tomatoes for a new twist to dinner.

1. In large bowl, stir together egg and ketchup. Stir in onion, bread crumbs, oregano and pepper. Add chicken and beef and using hands mix together until well combined. Using scant 1/4 cup (60 ml) of the mixture, make small burger. Repeat with remaining mixture.

2. Place the mini hamburgers on a greased grill over medium-high heat and grill



This recipe makes 15 mini burgers. EMILY RICHARDS

for about 10 minutes, turning once or until no longer pink inside — or until inter-

nal temperature of 70 C (160 F) is reached. Place the mini burgers in buns to serve.

Ingredients

Turkey Bacon Sandwich

- 1 slice turkey bacon
- 1 slice whole wheat bread
- 1 tbsp (15 ml) chickpea hummus
- 2 thick slices fresh tomato
- Drizzle of aged balsamic vinegar
- Pinch fresh ground pepper

Mini Hamburgers

- 1 egg
- 2 tbsp (30 ml) ketchup
- 1 small onion, grated
- 1/3 cup (75 ml) whole wheat fresh bread crumbs
- 1/2 tsp (2 ml) dried oregano

- Pinch pepper
- 8 oz (227 g) extra lean ground turkey or chicken
- 8 oz (227 g) extra lean ground beef
- 15 slider mini burger buns

Pack a crisp Greek salad into a cheesy sandwich

A handheld version of the traditional Greek salad, this

recipe is perfect for summertime picnics and backyard

get-togethers. Serve cold on hot nights, or warm to enjoy the ooey-gooey goodness of mozzarella.

1. In medium bowl, make the Greek salad mixture by combining tomato, cucumber, onion, olive oil, vinegar, oregano and garlic. Season with salt and pepper, and gently stir.

2. Place one toasted pita in a pan or dish in which it snugly fits. Do the same with



This recipe serves four. EMILY RICHARDS

a second pita in another pan or dish. Spread half the pitted olives over each pita. Do the same with cheese, followed by the Greek salad mixture.

Cover each with toasted pita.

rest for 15 minutes.

3. Place a clean heavy object (such as a saucepan with a heavy object in it) on top of each pita sandwich and let

NEWS CANADA / FB.COM/SAPUTO.CA

Ingredients

- 2 medium tomatoes, seeded and diced
- 1/2 English cucumber, diced
- 1/2 small red onion, diced
- 1 tbsp (15 ml) extra virgin olive oil
- 1 tbsp (15 ml) balsamic vinegar
- 1/2 tsp (2 ml) dried oregano
- 1 garlic clove, finely chopped
- 4 Greek pitas, toasted (7-inch/18-cm)
- 200 g (7 oz) Saputo Mozzarella-sima cheese, grated
- 1 cup (250 ml) black Kalamata olives, pitted and puréed
- Salt and freshly ground pepper, to taste

What not to do: the resumé edition

Polish off that paper.

Make sure that your CV is up to par and won't see the recycling bin

LAUREN MARINIGH
TalentEgg.ca

Your resumé is quite possibly one of the most important documents saved on your computer.

Why?

A resumé is the key ingredient to helping land your dream job.

Here are some things to avoid when you're putting together a resumé.

Missing the specifics

Don't leave an employer guessing. Your resumé is supposed to indicate that you're a good fit for a position, so it must include any relevant information.

Briefly identify the overall function of your role before focusing on specific

Success in the specific

It's a common mistake to use the same objective for every application, or to use one that is too broad.

tasks and accomplishments that connect your skills to the job opportunity at hand. Avoid broad statements that don't communicate specific information.

Don't rely on a job title to catch an employer's eye. While previous experience in a similar role is an obvious asset, employee responsibilities can differ substantially between different workplaces.

Leaving out experience

If you're looking for a first professional role or are switching industries, you'll need to rely on a variety of work experiences to position yourself as a compelling new hire.



No employer wants to read a novel about you, no matter how relevant your past experience may be. iSTOCK

Don't assume that past work experience in a different field isn't relevant to a position in your industry of choice. If you have limited experience, you need to use every piece to your advantage.

Many skills from other jobs can be transferable. For example, customer service experience can be a great asset in many other career fields.

As you build your resumé, you won't need to use every piece of work experience you have when

applying for a new job, but you'll still want to present yourself as a well-rounded candidate.

Going overboard

A resumé should never exceed two pages — and if it is kept to one page, that's even better.

Resumes are meant to showcase your experience and accomplishments, and although many applicants can talk for days about their background and job experience, it is important to keep a resumé short and to the point.

Depending on the role you're applying for, you may want to use a completely different format for your resumé, removing or including sections based on the information you want to present.

Mismatching an objective

Not all resumés include an objective. Make sure that you're only using one if it's a good fit for the opportunity that you're pursuing.

It's a common mistake to use the same objective for

Don't downplay design

If you are applying for positions in marketing or graphic design, getting creative with your resumé is a great way to show off your skills.

- For a more traditional role or in a conservative industry, it's best to stick to a crisp, professional layout.
- You don't need exceptional design skills to compose a beautiful resumé. A quick search online can get you started with some simple examples that will help you design your own from scratch.
- A resumé should be clean, eye-catching and easy to read. Do not over-complicate your application by getting too experimental with your design — but it's okay to have some fun with it.

every application, or to use one that is too broad — for example: "I am seeking full-time employment."

An objective should be directly related to the job you are applying for, and should change with every single one of your job applications.

Note that including an objective is an often-debated topic. If you are having trouble writing one, it's safer not to include one at all.

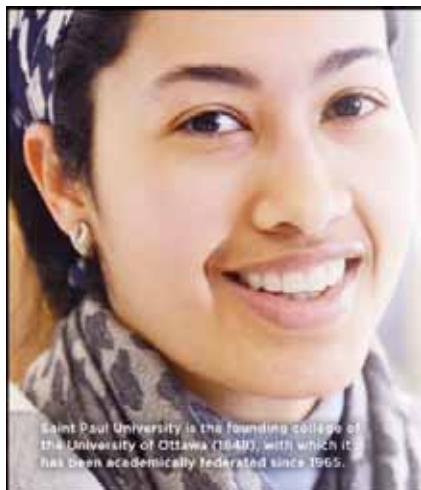
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Best attire of the summer hire

What to wear to work?

As the humidity increases, so does the importance of keeping your look polished and professional

VICKI SALEM
Metro World News

Ah, summer. Now that the sun has come out, your office culture may be a little more lax. Not only are the hours potentially more relaxed on Fridays — so, too, is the dress code.

There are several ways to look and feel more comfortable at work without getting onto human resources' radar screen.

Get schooled on your company's policy

Not to become the HR police or anything, but simply take a few minutes to read the rules which are probably posted on your company's intranet site.

If you're relatively new to the office and it's your first summer at your company, it's even more important to peruse the policy instead of relying on observing colleagues for dress code cues.

Remember, you're still in a professional environment

According to a survey by OfficeTeam, a placement agency, 80 per cent of managers said how employees dress will impact whether or not they'll get promoted. Yes, your summer attire counts.



If you're unsure as to whether your footwear choices are a flop, take a look at what the powerful peeps in your office are walking in. ISTOCK

Draw the line

Even when your office is extremely casual on normal days let alone summer Fridays, draw the line somewhere.

- If you get pulled into a meeting with your CEO, would you feel comfortable in tennis shoes? Just say no to tank tops, T-shirts and capri pants. If you're showing too much skin, you probably shouldn't be wearing it.

Dress in layers

Yes, even though it's summer. If you wear a linen dress to the office, bring a blazer. If you're a guy and

wear a polo shirt, bring a jacket. You never know when you'll get pulled into a last-minute meeting with executives or clients. And if you don't wear that jacket at least keep one tucked away in your office for potential use. Just think, if the air conditioning is on full blast, you'll need something to prevent you from feeling like you're in the frozen tundra.

Watch the footwear

It's amazing how one outfit can make or break you depending on what's on your feet, particularly for women. Flip-flops or strappy stilettos? No. Sandals? Sure. If you're unsure about footwear, take visual hints from executives in your office. What are they sport-

ing? Emulate them.

Get creative with material

Under cover

If you wear a linen dress to the office, bring a blazer. If you're a guy and wear a polo shirt, bring a jacket. You never know when you'll get pulled into a last-minute meeting with executives or clients.

Ditch the denim. Opt for cotton, linen or khaki instead. You can make a few slight changes to feel and look lighter, neat and polished while simultaneously keeping that game face on.

Above all, you're still representing yourself when you're in the boardroom, not the beach.

Remember, no one ever got reprimanded by their boss or HR for dressing a little too formally on hot, sticky days.

Twitter

TalentEgg #QuestionoftheDay:
Should you have a social media presence on every platform? •••••

@lanifallis

@TalentEgg Not necessarily, know who and where your audience is to determine which platform(s) to use #QuestionoftheDay

@GoodmanSchool

@TalentEgg A strong presence on a few choice platforms is better than a spotty presence spread out over more platforms #GoodmanCareer

@Ellie_Khayatian

@TalentEgg Definitely not - Do your research & use the one that would be most effective #QuestionoftheDay

@michellekj_

Personal? Absolutely! Professional? So long as platform is relevant & posts appropriate. Mix of both? Go for it! @TalentEgg #QuestionoftheDay

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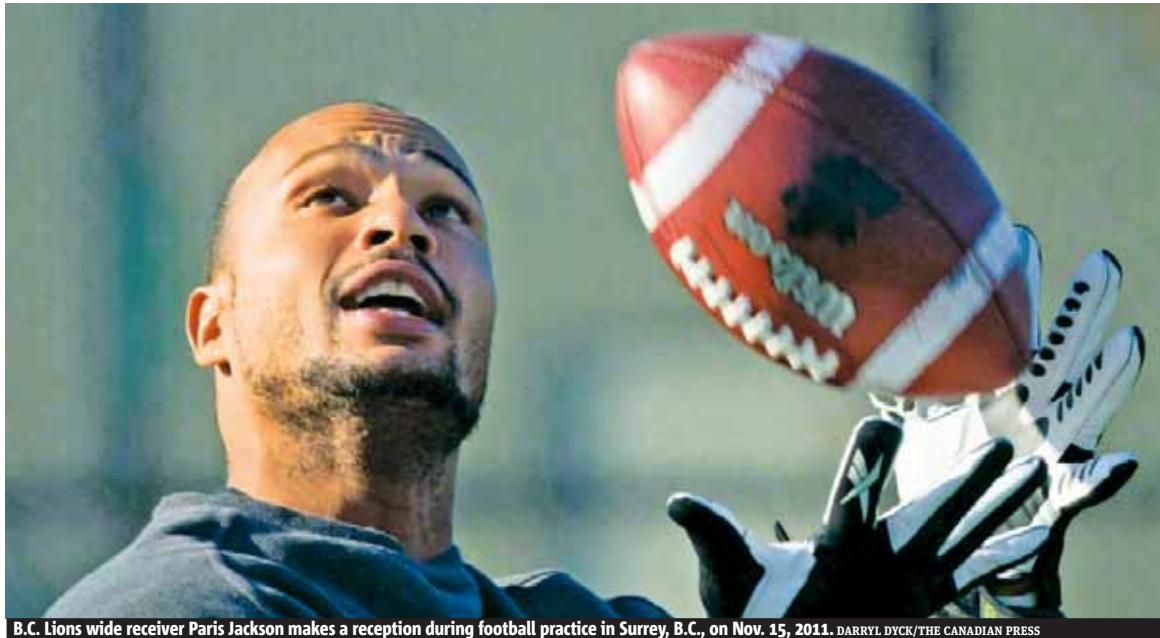
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Wednesday, June 18, 2014

B.C. Lions wide receiver Paris Jackson makes a reception during football practice in Surrey, B.C., on Nov. 15, 2011. DARRYL DYCK/THE CANADIAN PRESS

Former Lion in search of fresh start

Chip on his shoulder.
Jackson looks to bounce back and make an impact with the Redblacks

Paris Jackson says the way his time with his hometown B.C. Lions ended left him with a chip on his shoulder.

Now, after 11 seasons in Vancouver, Jackson is heading east to rejuvenate his career.

The 33-year-old wide receiver signed with the expansion Ottawa Redblacks in the off-season looking to prove

he's still capable of making a valuable contribution both on and off the field.

"That's why I came here," Jackson said. "My family knew I wasn't too happy in Vancouver anymore, not having a role and not really knowing what was going on and just playing kind of spur of the moment and not getting many reps."

"I needed a new spark in my career."

Jackson was one of the Lions' most consistent receivers. His best season was in 2008 when he caught 76 passes for 1,180 yards and eight touchdowns, and was named a CFL West all-star.

In 2009 Jackson moved to

slotback, and recorded his second straight 1,000-yard season.

In 2010 Jackson saw his receiving numbers decrease as he was hampered by injuries, and from that point on was relegated to a backup role with the Lions, leading to frustration and disappointment.

While his role with the Redblacks has yet to be determined, head coach Rick Campbell says he's been impressed with Jackson's work both on and off the field.

"He's in a competition to win a job and he's been doing a great job so far both on the field with his play and trying to be a leader trying to

lead the way for some of the younger guys," said Campbell. "He's looking good. Paris has been a good player in this league for a long time and I don't think he's done yet."

Retribution can be a great motivating factor and it's clear Jackson wants to prove he's still a playmaker.

"I have a chip on my shoulder," Jackson said. "I wasn't beat out in Vancouver. They just gave someone my spot. Coming off an 800-yard season and two back-to-back seasons of 1,000 yards and they just gave a young guy my spot. I'm old-school and believe you should have to earn my spot."

THE CANADIAN PRESS

PGA

Woods starts making full swings in recovery

Tiger Woods is making progress in his recovery from back surgery and starting to extend his swing, his agent said Tuesday.

Woods already has missed two majors this year while he recovers from a microdiscectomy on his back on March 31.

A report on Golf Channel's morning show said he was taking full swings at the Medalist Golf Club in South Florida.

THE ASSOCIATED PRESS

Curling

Bernard hangs up the broom, calls it a career

Cheryl Bernard announced her retirement from competitive curling on Tuesday.

She made four appearances at the Canadian championships and won a silver medal at the 2010 Vancouver Games with third Susan O'Connor, second Carolyn McRorie, lead Cori Morris and alternate Kristie Moore.

"To retire from the game I absolutely love is one of the toughest decisions of my life," Bernard said in a statement. "But it's time to be satisfied with what I have accomplished in the sport and walk away with some amazing memories and incredible relationships."

THE CANADIAN PRESS

Byrne steps down to pursue NHL gig

Chris Byrne stepped down as general manager of the Ottawa 67's on Tuesday and was replaced by assistant GM Pat Higgins.

Byrne's resignation will take effect immediately as he pursues new challenges at the NHL level, the Ontario Hockey League team said in a release.

"I'm happy for Chris," said team governor Jeff Hunt. "He served us well as an assistant coach, head coach and most recently as general manager and it's

great to know he's moving up to the NHL level. We wish him well."

Byrne coached and managed in the 67's organization for eight seasons. He served as both head coach and GM over the last three seasons.

"I'm thankful to Jeff and the 67's organization for a great experience in Ottawa and for allowing me to pursue my dream of working in the NHL," said Byrne. "This opportunity came up very recently and it really

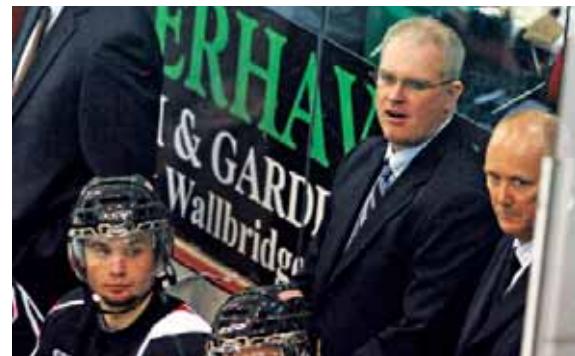
is something I couldn't turn down."

"I know the 67's have a great core of young, talented players and I wish them and the organization good luck in the future."

Details on his NHL plans were not immediately released.

Higgins, meanwhile, has spent more than 20 seasons in the organization as a scout, assistant GM and head of scouting. He'll oversee all facets of hockey operations.

THE CANADIAN PRESS



Ottawa 67's coach Chris Byrne. OHL

Mexican keeper's star shines bright in draw

Brazil, Mexico held scoreless. Hosts' scoring chances repeatedly stopped by Ochoa

He was called a hero and a saviour by his Mexican teammates. His Brazilian opponents said he produced miracles.

There is no doubt that Mexico goalkeeper Guillermo Ochoa was the one responsible for spoiling Brazil's hopes of another World Cup victory at its home tournament.

Ochoa made a series of outstanding saves to help his side hold Brazil to a thrilling 0-0 draw on Tuesday.

The result left both teams with four points each after two games in Group A, but Brazil is ahead on goal difference going into their decisive final matches. Croatia and Cameroon meet on Wednesday for their second games after both opened with defeats.

"We can't avoid talking about their goalkeeper," Brazil striker Fred said. "He came up with at least four miracles."

Ochoa's first remarkable save prevented Neymar from

Support for both sides

Fans wearing Brazil's green and yellow colours were the majority as expected, but Mexicans took over large seating sections of the stadium and at times were louder than the local fans.

• Among those in the crowd of 60,342 was NBA star Kobe Bryant, of the Los Angeles Lakers.



scoring in the 26th minute. The Brazil striker's powerful header looked set to fly just inside the post when the goalkeeper dived to his right to push the ball wide.

Ochoa also made three other difficult saves to keep the hosts from breaking the deadlock—a shot by Paulinho in the 44th, a second-half effort by Neymar from inside the area and a close-range header by Thiago Silva in the 86th minute that produced a remarkable block by the Mexico goalkeeper.

"It was the match of my life," said Ochoa, who was visibly moved after the match. "To do it in a World Cup, in front of all the fans, it's incredible."

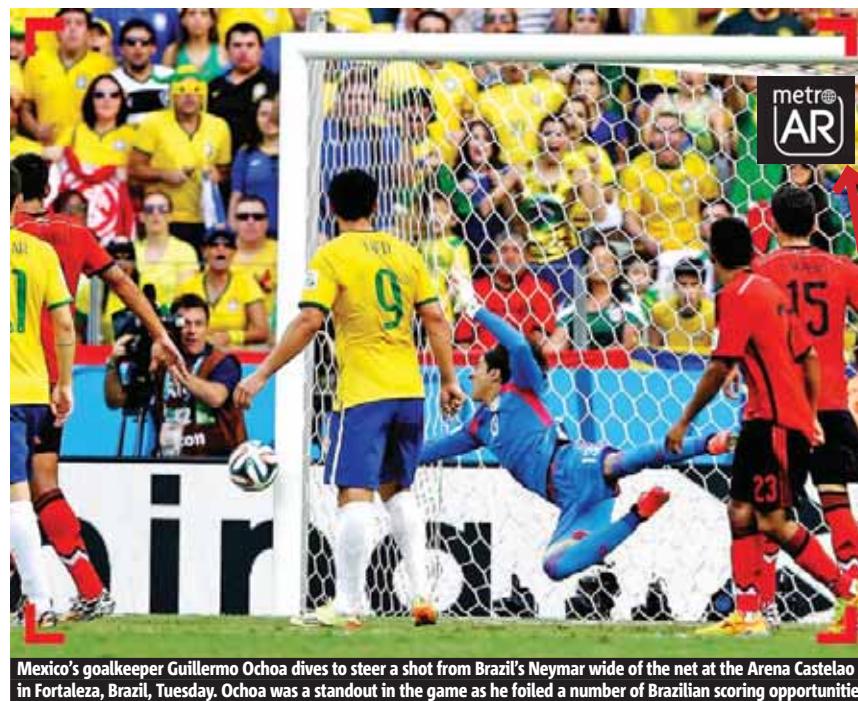
Mexico captain Rafael Marquez said Ochoa was the "saviour" and coach Miguel Herrera called him the "hero" of the match.

"He did what we expected him to do, he came up with extraordinary saves," Herrera said. "I can't remember another Mexican goalkeeper doing such a great job in the World Cup."

A win by either team would have guaranteed a spot in the next round if Cameroon and Croatia were to draw in the jungle city of Manaus.

"In the end, the 0-0 mirrors what happened, it was a very hard-fought match," Brazil coach Luiz Felipe Scolari said.

THE ASSOCIATED PRESS



Goalie gaffe. Russia overcomes error to pull even with South Koreans



Russia's Alexander Samedov collides with Ki Sung-Yueng of South Korea on Tuesday. GETTY IMAGES

Alexander Kerzhakov scored with one of his first touches after coming on as a substitute to earn Russia a 1-1 draw with South Korea on Tuesday in a World Cup match marked by the first big goalkeeping error of the tournament.

Russia goalkeeper Igor Akinfeev spilled Lee Keun-ho's speculative shot into his own net to gift South Korea a 68th-minute lead at the Arena Pantanal in Cuiaba in Group H.

But Kerzhakov bailed his



teammate out, turning in a shot from close range in the 74th minute to rescue a point for Russia. THE ASSOCIATED PRESS

Upset thwarted
Bench leads Belgium to comeback victory

Waiting and waiting for an equalizer, the tension showed on the faces of the Belgium players as the second half wore on in the country's first World Cup match in 12 years.

Algeria was on the verge of a major upset in their Group H opener Tuesday, taking the lead through a penalty in the 25th minute. Try as they might, Belgium's attacking players just couldn't break down Algeria's defence.

In the end, it was the Belgian bench that found the way, with substitutes scoring twice for a 2-1 comeback win.

"We tired them down. We just tired them down," Belgium coach Marc Wilmots said. "I told them, 'Don't worry, we will score.'"

Algeria's surprising lead stood for 45 minutes until Marouane Fellaini's strong glancing header, with his back to goal, from a Kevin De Bruyne cross in the 70th.

Dries Mertens' right-foot strike beat Algeria's goalkeeper high in the 80th.

THE ASSOCIATED PRESS



Belgium's Axel Witsel wins a header in a match against Algeria in Belo Horizonte, Brazil, Tuesday. THE ASSOCIATED PRESS



with minor problems. Buffon and De Sciglio each missed Italy's 2-1 win over England on Saturday. THE ASSOCIATED PRESS

Spain

State prosecutor drops Messi from tax fraud case

Lionel Messi's public relations firm says a Spanish state prosecutor has agreed to drop the Argentinian footballer from a tax fraud case involving Messi and his father, Jorge. THE ASSOCIATED PRESS

Croatia distracted

"If those photos were not published, they would be thinking about Cameroon."

Robert Kovac, Croatia's assistant coach, says his players aren't focused on their next opponent; instead they're lamenting the publication of photos showing some of them bathing nude poolside.

Porto Feliz

Police investigate gunshot-like sound

Brazilian authorities are investigating whether a gunshot was fired near a hotel where the Honduran national soccer team arrived to stay a few hours later, police said Tuesday.

A police officer, who spoke on condition of anonymity because he wasn't

authorized to talk to the press, in the town of Porto Feliz in Sao Paulo state said it's unclear if the sound heard in front of the hotel was an actual gunshot, fireworks or even a car backfiring.

He said no spent cartridge was found in the street and neither the Transamerica Hotel nor nearby buildings showed signs of being hit by a bullet. THE ASSOCIATED PRESS

On the mend

Reinforcements on the way for Italy

Goalkeeper Gianluigi Buffon and fullback Mattia De Sciglio have resumed training and Italy is nearing full strength at the World Cup.

Midfielder Daniele De Rossi and centre back Andrea Barzagli also returned to full training Tuesday after skipping a day of practice



with minor problems. Buffon and De Sciglio each missed Italy's 2-1 win over England on Saturday. THE ASSOCIATED PRESS



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• Type. Two-door, convertible SUV. Rear-wheel drive with full 4X4 capability.
• Engines (hp). 3.6-litre V6 (285)
• Transmissions. Six-speed manual, 5-speed automatic
• Base price (incl. destination). \$23,195

Market position

Two-door Wrangler is the purest successor to the original 1941 Jeep. Sport 4X4 is the least expensive Wrangler, appealing to both budget-strapped adventurers, and serious off-roaders, the latter using it as a base to which they will add all manner of personal-preference upgrades and touches.

Points

- Powerful V6 engine for its size.
- Only vehicle that encourages you, and makes it (relatively) easy for you, to take off the doors and windshield.
- Heavy-duty part-time 4X4 means you engage it only when you need it
- Acceptable road manners, considering its off-road prioritized components and design.



The Jeep Wrangler boasts that classic Jeep appearance.

- Inside is tight, and features lots of right angles.

Safety

Standard airbags; standard front/rear disc brakes with ABS and hydraulic-assist booster; standard traction control and stability control with Hill Start Assist; Electronic Roll Mitigation and Trailer Sway Control; tire pressure monitors; fuel tank and transfer case skid plates; fog lamps and halogen headlamps

With this car, it's hip to be square

PHOTOS: MIKE GOETZ



Review.

A modern model with the essence of the 1941 Jeep, a bit cramped but off-road ready

MIKE
GOETZ
drive@metronews.ca

Like its famous predecessors, the 2014 Jeep Wrangler Sport 4X4 has more right angles than an aluminum garden shed, and tight accommodations for anything more than two adults and their duffle bags. For the record, it seats five, but I'm thinking the rear-seat people have to be well acquainted.

But that's what you get

when you're careful about not diluting the essence of that original Jeep, created in 1941 and made famous during the Second World War, and afterwards, as the world's first off-road vehicle.

The square and flat sheet metal ensures its appearance is true to those classic Jeeps, and the equipment and design is still prioritized for off-road use.

At this juncture in its long lifespan, however, a lot of people are buying this Jeep for use in the urban jungle, because of its cool factor and distinctive features. That's how I chose to spend my time with this particular test vehicle — on missions to the inner city.

With one notable caveat, the two-door Jeep Wrangler is a surprisingly capable tool for



The Jeep Wrangler Sport offers a "wash out" interior.

negotiating such terrain. It's got the tall-in-the-saddle view as afforded by all SUVs, a super-tight turning radius, and its shortness is great for parking and jockeying for position on congested streets.

It's got standout looks, and its fun factor, which is high

to start with, can be upped by removing the soft top, and/or even the doors.

Wrangler also features a very modern powertrain — the gutsy 3.6-litre V6 with 24 valves and variable valve technology, mated to either a six-speed manual or five-speed automatic

transmission.

Our "Sport" trim tester had the standard six-speed manual. At \$23,195 (including destination charges) it's the least expensive Jeep Wrangler on offer, and features a satisfying blend of "just the basics," including roll-up windows, "wash out" interior, and of course, the part-time 4X4 system, with a transfer case that enables you to select 2WD High, 4WD High, or 4WD Low (the latter for going up trees and things).

The big caveat to using this interesting device on city streets is a choppy ride and lots of body action, courtesy of those heavy and "live" front and rear axles, the small wheelbase, and the high centre of gravity. But this edition of the Wrangler is quite modern.

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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.1 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ²2014 Jeep Cherokee 4x2 2.4 L I-4 Tiger-shark™ MultiAir® - Hwy: 6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG). 2014 Jeep Grand Cherokee 3.0L EcoDiesel V6 8-speed automatic - Hwy: 7.0 L/100 km (40 MPG) and City: 10.3 L/100 km (27 MPG). 2014 Jeep Compass Sport 4x2 2.0 L I-4 DOHC - Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). 2014 Jeep Wrangler 3.6 L Pentastar™ VVT V6 - Hwy: 9.3 L/100 km (30 MPG) and City: 12.7 L/100 km (22 MPG). 2014 Jeep Patriot 4x2 2.0 L I-4 DOHC - Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). Wise customers read the fine print: ³†, ⁴‡, ⁵§, ⁶¶, ⁷||, ⁸|||. The Jeep For Everyone Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after June 3, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ¹⁰10% purchase financing for up to 36 months available on new 2014 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of \$24,495 with a \$0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of \$314 with a cost of borrowing of \$0 and a total obligation of \$24,495. ¹¹Total Discounts of \$3,500 consist of \$2,500 Consumer Cash and \$1,000 Bonus Cash on the 2014 Jeep Wrangler 2-Door 4x4 (23B). Total Discounts of \$2,500 consist of \$2,500 Lease Cash on the 2014 Jeep Grand Cherokee Laredo (23E). Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. Bonus Cash discounts are deducted from the negotiated lease price after taxes. ¹²Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. ¹³Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. ¹⁴1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between May 1, 2014 and June 30, 2017. Trade-in not required. See retailer for complete details and exclusions. ¹⁵4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers new select models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2014 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of \$36,902 leased at 4.99% over 60 months with \$4,998 down payment, equals 240 weekly payments of \$99 with a cost of borrowing of \$6,125.90 and a total obligation of \$29,523. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. "Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ¹⁶4.29% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of \$20,495, with a \$0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of \$117 with a cost of borrowing of \$3,754 and a total obligation of \$24,248. ¹⁷♦\$1,000 Bonus Cash has received awards over its lifetime than any other SUV. ¹⁸Based on 2014 Ward's Small Sport Utility segmentation. ¹⁹Based on 2014 Ward's Sport and Cross Utility segmentations. ²⁰Based on 2014 Ward's Small Cross/Utility segmentation, approach angle, departure angle, breakover angle, and water fording depth. Excludes other vehicles designed and manufactured by Chrysler Group LLC. ²¹Jeep is a registered trademark of Chrysler Group LLC. ²²The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Cool it, we're getting to the important part.

Engines play big role in vehicle climate control

JIL MCINTOSH
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Your car's climate system seems simple enough: turn it up for more warmth, turn it down to stay cool. But as you might expect, what's behind it is much more complicated.

"The heating system uses a heat source that warms up a liquid, and there's a fan that pours the heat into the cabin," says Hayato Mori, senior manager of product planning and business development for Honda Canada.

In most cars, that source is the engine, which gets so hot it has to be cooled down, usually to around 95 Celsius. Coolant, a mix of anti-freeze and water, is pumped into the engine to absorb the heat. It then flows into the radiator, where it cools down before recirculating into the engine again.

But on its travels, coolant also flows into the heater core, which looks like a miniature rad and is located deep in the dash. When you turn on the heater, a fan blows across the hot heater core, sending this warmed air into the cabin.

A temperature blend door, controlled by a thermostat, opens or closes to direct more or less heat into the cabin as needed. If full heat isn't required, another door opens to vent the excess outside.

Air conditioning is even more complex. It's a closed system filled with a gas, called Freon, that flows

How it works

- Most cars use engine heat to warm the cabin, but battery-powered cars and some hybrids use electric heaters.
- Heater core repairs are expensive, because the dash must be taken apart. Flush the cooling system as recommended to prevent clogging.
- The heater fan is properly called a blower, and looks like a hamster wheel.

through and is alternately subjected to high and low pressure.

This changes it to a very cold liquid. It flows into the evaporator, a component that's basically the cold equivalent of the heater core, where a fan blows over it to send cool air into the cabin. The Freon then becomes a gas again, and the process starts all over.

In hot weather, you'll often see water dripping under your car. It's condensation from the cold air-conditioning components, and nothing to worry about. But get your vehicle checked if you see coloured liquid — usually green or yellow — which means you're losing coolant.

"There's a lot of plumbing involved, and a tiny hole anywhere will bring down the whole system, so it's important to get this checked according to the vehicle's maintenance schedule," Mori says.

An air conditioning leak will simply leave you sweating in hot weather, but a coolant leak could lead to overheating and potential engine damage.

Get it checked

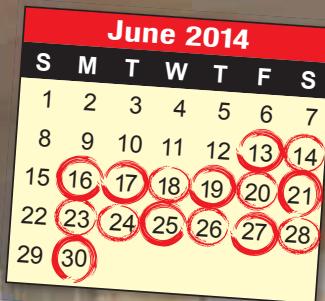
"There's a lot of plumbing involved, and a tiny hole anywhere will bring down the whole system."

Hayato Mori, senior manager of product planning and business development for Honda Canada.



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